



San José Prepared !

Make A Plan * Build A Kit * Be Prepared * Get Involved



Summer 2007

Message from the Director

We hope you enjoy our newly formatted, Summer 2007 **San Jose Prepared!** newsletter. The newsletter will serve as a vital communication link among CERT staff, City employees, and the community at large. As we move forward, key programs will be highlighted in future editions. We plan to publish the newsletter quarterly.

Kimberly Shunk
Director, Office of Emergency Services



The two hour Home and Family Disaster Preparedness course being taught at the Office on Aging to San Jose Senior Center Director's and Senior Commissioners.



Summer Events 2007

CERT Trainings

8:30—12:30 am. 855 N. San Pedro Street

The five module cycle of the 20 hour Community Emergency Response Training is offered Saturday, August 4—September 8, 2007. The course content includes Home Preparedness and Neighborhood Organization, Fire Suppression and Household Hazardous Materials, Disaster Medicine and Psychology, Light Search and Rescue and Damage Assessment and Terrorism Awareness and Preparedness. The cost is only \$10 each for the first four modules. There is no charge for the fifth module. Call 277-4598 to enroll or register online at [www: SJPrepared @ sanjoseca.gov](http://www.SJPrepared@sanjoseca.gov).

Module 1:	August 4	Saturday
Module 2	August 11	Saturday
Module 3:	August 18	Saturday
Module 4:	August 25	Saturday
Module 5:	September 8	Saturday

See the City of San Jose Citywide Activity Guide published by the Parks Recreation and Neighborhood Services Dept. for the schedule of Home Disaster Preparedness classes being taught in San Jose Community Centers.

NOAA's National Weather Service Debuts Heat/Health Watch System in Bay Area

The National Oceanic and Atmospheric Administration announced the implementation of a new Heat/Health Watch Warning System in San Jose, San Francisco, Oakland, Redwood City, Palo Alto, Sunnyvale, Santa Clara, Gilroy, Fremont, Alameda, Berkeley, Richmond, and El Cerrito. These cities join 18 other metropolitan areas in the United States using this system as guidance for issuing excessive heat watches, excessive heat warnings and heat advisories.

The Heat Health Watch/Warning System is a tool that measures oppressive weather affecting health. It is a part of a national focus addressing the impact of this special hazard on urban centers. When unseasonably hot conditions occur, NOAA's San Francisco Bay Area weather forecast will issue a heat/health

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watch warning system message.

“Excessive heat is the top weather–related killer, causing more fatalities per year than floods, lightning, tornadoes, hurricanes, winter storms or extreme cold,” said Mary Glackin, acting director of NOAA’s National Weather Service. The excessive heat program that started in Philadelphia in 1995 is proving to be a model for the rest of the country.

“After the record heat of July 2006, the city of San Jose became concerned about the impact of oppressive hot weather on the health and well being of our residents,” said Kimberly Shunk, Director of the Office of Emergency Services for the City of San Jose. “We are delighted that the National Weather service now has an improved forecast tool that will help us better prepare for a heat emergency. This is real science making a difference in our lives.”

“Heat can be a health hazard in the Bay Area and this new system provides heat information tailored specifically to our area,” said David Soroka, warning coordination meteorologist at NOAA’s San Francisco Bay Area weather forecast office. “People here are accustomed to a more temperate climate. When it gets unseasonably hot many people suffer, especially since many residences do not have air conditioning.”

“The Heat Watch /Warning System is the first meteorological tool that identifies oppressive air masses that historically diminish people’s health said Laurence Kalkstein, PH. D, senior research fellow for the University of Delaware Center for Climatic Research and developer of the warning system. “A customized system is developed for each urban area, based on specific meteorology for each locale as well as urban structure and demographics.”

The partnership with the San Jose Office of Emergency Services and the San Francisco Bay Area Weather Forecast Office will educate the community about the warning system and the risks of heat and safety measures to take during a hot spell.

City of San Jose Office of Emergency Services

Invites you to the First Annual

Community Emergency Response Leadership Forum

Mark your calendar for Thursday, September 13, from 6 pm to 8 pm, to join us for the first annual Office of Emergency Services Leadership Forum for San Jose Prepared Neighborhood Leaders. If you are a San Jose resident, have graduated from the 20 hour *San Jose Prepared!* program and you serve in a leadership capacity in your neighborhood, you are invited.

This is an opportunity for you to connect with other CERT leaders in our community. The goal is to share ideas and develop relationships with other Community Emergency Response Training members.

This event will be held at San Jose City Hall in Room 120 (City Hall wing), 200E. Santa Clara Street. Please call (408) 277-4595 to RSVP by Monday, September 3, 2007. You can also e-mail us at SJPrepared@sanjoseca.gov.

Test Your San Jose Prepared! CERT Disaster Plans for Success

“The only thing tougher than planning for a disaster is explaining why you didn’t,” says Edward Grossmith, disaster preparedness coordinator for the Almaden Valley Joint Venture Churches. Faith-based groups have been embracing the concept of disaster preparedness for their congregations in ever greater numbers. But as Grossmith notes, with more than 500 members distributed over several postal codes, it has been quite an ongoing challenge.

Neighborhood organization and planning are two of the cornerstone principals of our **San Jose Prepared!** program. But how well will your plans work when disaster strikes? Testing those plans, through periodic training exercises, should be an integral part of your disaster planning for success. And many of San José’s community emergency response teams (CERT) do just that, each April during Earthquake Month. “Each year we try to test a different aspect of our plan,” says Al Hagman, of the Eden Neighborhood **San José Prepared!** team, “This year we focused on performing damage assessment.” The Eden Neighborhood team has been active in the **San José Prepared !** program for more than ten years. Hagman and his team leaders start their planning process months in advance.

Training exercises don’t have to be elaborate to be effective. But having clear exercise goals is important for measuring success. Generally, training exercises can be categorized into four types: drills, table-top, functional and full-scale. Each type of exercise often builds on the other in terms of complexity. For example, drills test a single component, such as radio communications among team personnel to the Command Post, or properly conducting a home damage assessment. Table-top exercises are used to test your plan’s procedures, strategies and other organizational elements. Similar to a table-top, a functional exercise tests multiple aspects of your plan, but without actually deploying resources; CERT members simulate responding to an incident through scripted role play of a disaster scenario. Lastly, a full-scale exercise puts all the pieces and resources into action---in real-time.

Training exercises don’t have to be “all work and no play” either. Adding a social element, such as a barbeque or pot-luck, as part of your exercise review process makes for a more enjoyable experience for your participants. “At the end of the exercise, we relax at the Command Post with coffee and donuts, and critique how well we met our training goals,” says Hagman.

Whichever type of format you choose, training exercises offer **San Jose Prepared!** teams the opportunity to utilize their knowledge, sharpen their skills and discover the strengths and weaknesses of their plans before disaster strikes. For more information about disaster exercises, contact San Jose *Prepared!* @ 277-4598.

San Jose Fire Department Safety Education Program



Surviving the Heat

Drink Plenty of Fluids: During hot weather, you need to drink water even if you don't feel thirsty—as much as two to four glasses of cool fluids each hour. Avoid drinks containing alcohol or caffeine.

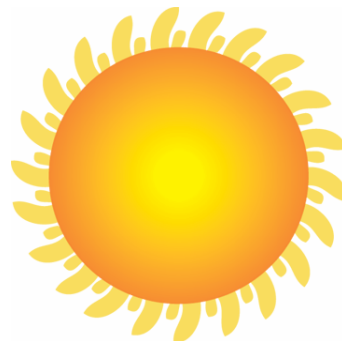
Wear Appropriate Clothing and Sunscreen: Choose lightweight, light-colored, loose-fitting clothes. In the hot sun, wear a wide brimmed hat to keep your head cool. Use a sunscreen of SPF 15 or higher to protect from sunburn. A bad sunburn can keep your skin tender for days. It may even send you to the hospital. But the temporary discomfort pales alongside the cumulative effect of frequent and severe sunburns: skin cancer. Sun exposure, particularly large but irregular doses of it without sunscreen, is the No. 1 cause of skin cancer.

Stay Cool Indoors: The best way to beat the heat is to stay in a cool area. If you do not have an air conditioner, consider a visit to a shopping mall, movie theatre, or public library for a few hours. A cool shower or bath also can cool you off. Open your windows to cooling breezes, especially in the evening. Avoid strenuous activities during the hottest part of the day, usually mid- to late-afternoon. Avoid hot foods and heavy meals. Instead have ice cream, popsicles and other frozen treats are refreshing on a warm day. Eat cool or cold foods such as sandwiches and salads. Fresh vegetables and fruits generally contain water too and can help hydrate while offering a healthy snack. The key is to stay hydrated.

Heat Exhaustion:

Hard physical effort in heat can cause heat exhaustion. The symptoms include:

- Heavy Sweating
- Nausea/Vomiting
- Dizziness
- Headaches
- Difficulty Breathing
- Mental Confusion
- Fainting



Dehydration symptoms:

Thirst is not a good early-warning signal for dehydration. In fact, by the time you are thirsty, you may already be dehydrated. Other signs and symptoms of dehydration include:

- Feeling dizzy and lightheaded
- Having a dry or sticky mouth
- Producing less urine

Use a Buddy System: The elderly, children, and individuals on certain medications should be especially prepared for the heat and power outages. If you are vulnerable to the heat, have someone check on you twice a day during a heat wave. This information was provided by the San Jose Fire Department Safety Education Program. For more information contact them at 277-2878.

Fliers and training materials can be made available upon request in alternate formats, such as Braille, large print, audio recording or accessible electronic format. Requests can be made by calling (408) 277-4595 or (408) 294-9337 (TTY/TDD). The California Relay Service (711 or 1-800-735-2929) may be also used to contact our office.